



# Wellness Nutrition Fun FaCts

April 2015

## Alcohol Awareness Month



### Alcohol During Pregnancy

#### How does alcohol during pregnancy affect your baby?

Any amount of alcohol taken in during pregnancy can cause miscarriage, preterm birth, and still birth. When you drink so does your unborn baby.

#### What Can I Do?

Avoid all alcoholic beverages during pregnancy. If you are thinking about getting pregnant, stay away from wine, wine coolers, beer, and liquor. No amount is safe.

#### Dads What Can You Do?

Encourage your partner to avoid social events where alcohol beverages will be served.

Encourage family and friends to not serve alcohol beverages during a family get together.

#### If you have a Problem ask for HELP.

WIC Staff can refer you to get assistance.



[www.marchofdimes.org](http://www.marchofdimes.org)

# breastfeeding blurb

## Breastfeeding for Dads!

Breastfeeding moms get a lot of time with their babies, but did you know that baby's contact with dad is also very important? Get him involved by:

- Having him hold baby skin to skin. Babies love feeling warm and safe!
- Encouraging him to talk, sing, and smile with baby. Hearing his voice and seeing his face will help grow their bond!
- Reminding him that you need help, too. You will be tired during the first few weeks after baby is born. Ask for encouragement, praise, and a backrub! Explain that if you are relaxed, baby will be relaxed!

## Cereal-Coated French Toast Bites with Yogurt Dipping Sauce

By [Holley Grainger, MS RD](#)

### Ingredients:

½ cup plain Greek yogurt  
2 tablespoons strawberry all-fruit spread  
2 large eggs  
3 large egg whites  
2 tablespoons fat-free milk  
1 ½ teaspoon vanilla extract  
1 teaspoon cinnamon  
1 cup crushed multigrain flakes cereal  
(about 2 cups uncrushed)  
2 teaspoon butter  
4 (2-ounce) slices whole wheat cinnamon  
raisin bread

### Directions:

Whisk together yogurt and fruit spread. Set aside. Whisk together eggs, eggs whites, milk, cinnamon and vanilla in a shallow dish. Transfer cereal to a separate shallow dish. Melt butter in a nonstick skillet or griddle over medium heat. Dip 1 bread slice in egg mixture coating both sides. Let excess drip off. Dredge slice in crushed cereal coating both sides. Shake off any excess. Cook for 2 minutes on each side or until cereal is golden brown and egg is set. Repeat steps with remaining bread slices.

Cut each slice into 8 bite-sized pieces. Serve with yogurt sauce.

